

# State of Iowa Employees



- Become a Member at **The M.A.C.** (Midwest Athletic Club) by or before **October 31st, 2006** and only pay a **\$1 Membership Fee (\$198 Savings)** with our Life Style Change Membership! (Monthly dues based on type of membership)
- ALL you need to do is **Come In** to either location. 4700 Tama St SE, Cedar Rapids or 1220 Jacolyn Dr SW, Cedar Rapids
- Present your State Badge or PAY STUB.
- We'll even offer the \$1 membership fee for your Spouse or Dependents (\$74 Savings) if they enroll with you!
- Make sure to check out The M.A.C. Xtreme and ALL the New Equipment at our South Location!
- **WHAT ARE YOU WAITING FOR? GET TO THE M.A.C.** [www.the-mac.net](http://www.the-mac.net)

## Amenities at The M.A.C. (Midwest Athletic Club)

You will be able to **enjoy** and have use of the following Amenities at **The M.A.C.** Things included but not limited to are:

- **2 convenient Locations** - 4700 Tama St., SE and 1220 Jacolyn Dr., SW
- **Swimming/Lap Pool** - Xtreme Only
- **Women's Only Center** - Xtreme Only
- **Racquetball and Basketball** - Leagues will be available in the Fall
- **Child care** - No pre-sign up necessary (not included in basic membership)
- **Fitness Assessment and First workout** - complimentary to help you get started with your New workout
- **Group Exercise Classes** - including Spinning, Kick boxing, Total Body Conditioning, etc..., great things to do with your friends (excludes Mind & Body Classes)
- **Towel Service** - workout towels and shower towels, NO extra charge, they're here for your convenience
- **FULL Locker Facilities** - soap, Shampoo, deodorant, blow dryers, Q-tips, Kleenex, body lotion, shaving cream, etc (South Only)...This will help keep the gym bag light. (Optional Executive Charter Locker room Memberships available, Xtreme Only. See Membership Consultant for details.)
- **Cardio equipment** - stair climbers, elliptical, treadmills, upright & recumbent bikes, etc...something for ALL cardiovascular workouts. ALL New at our South Location.
- **Free weights and circuit training equipment** - Something for the advanced and beginners
- **Sauna** (both locations), **steam room and whirlpool** (Xtreme Only) - Great way to unwind
- **Outdoor track and basketball court** (Jacolyn Dr. location only) - Enjoy the outdoors